

## HOW TO...

# SHAMPOO YOUR HEAD AFTER THE PROCEDURE

You must only wash your head on and after day 7 – never any earlier. We provide the shampoo within your aftercare bag and it's called Sebamed, which is an anti-dandruff shampoo. It has a pH of 5.5 which promotes gentle cleansing, soothes itchiness and reduces redness of the scalp.

## PARTIAL HEAD SHAVES

If you have a partial head shave for the procedure, the remaining hair will be braided and must be kept so until day 7 (the first wash day).

## HOW TO WASH You may need someone to help you with this process.

- 1** Start by gently pouring fresh water from the tap. **Do not use a power shower!**
- 2** Apply some of the shampoo to the pulps of your fingers and add some water.
- 3** Rub together until a foam/lather is formed.
- 4** Gently apply to both the graft and donor area.
- 5** Let this soak for approximately 10-15 minutes.
- 6** Gently massage the area to encourage the crust to fall off. **This may take multiple washes for all crusts to fall off.**
- 7** Rinse with fresh water from the tap.
- 8** Allow your head to air dry. **Do not rub them dry or use a hair dryer.**

If you have any queries following your procedure, please call The Hair Dr clinic on **0113 468 8530**